

Virtual
2020 CMHO Conference
**Innovating and Advancing Child
and Youth Mental Health**
November 23 to December 4

Sponsored by



Ontario Centre of Excellence
for Child & Youth Mental Health

Centre d'excellence de l'Ontario en santé
mentale des enfants et des adolescents



Housekeeping

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- A chat function is available to anyone who would like to leave a comment. To message the host privately select the chat icon and within the area that says "To:", click the drop-down box and select 'Host'.
- This meeting is being recorded.
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Land Spirit Acknowledgment

Braiding Earth, Spirit, and Self: Wellness Grounding Session

- Opening Session Monday November 24
- Brief video at www.cmho.org/virtual-conference



The Centre is Proud to Sponsor the 2020 CMHO Conference



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**The best mental health and well-being
for every child, youth and family.**

 cymh.ca



Infant and Early Childhood Mental Health It Takes a Village (Part 2)

Presented by

Chaya Kulkarni

Diane Philipp

James Reynolds



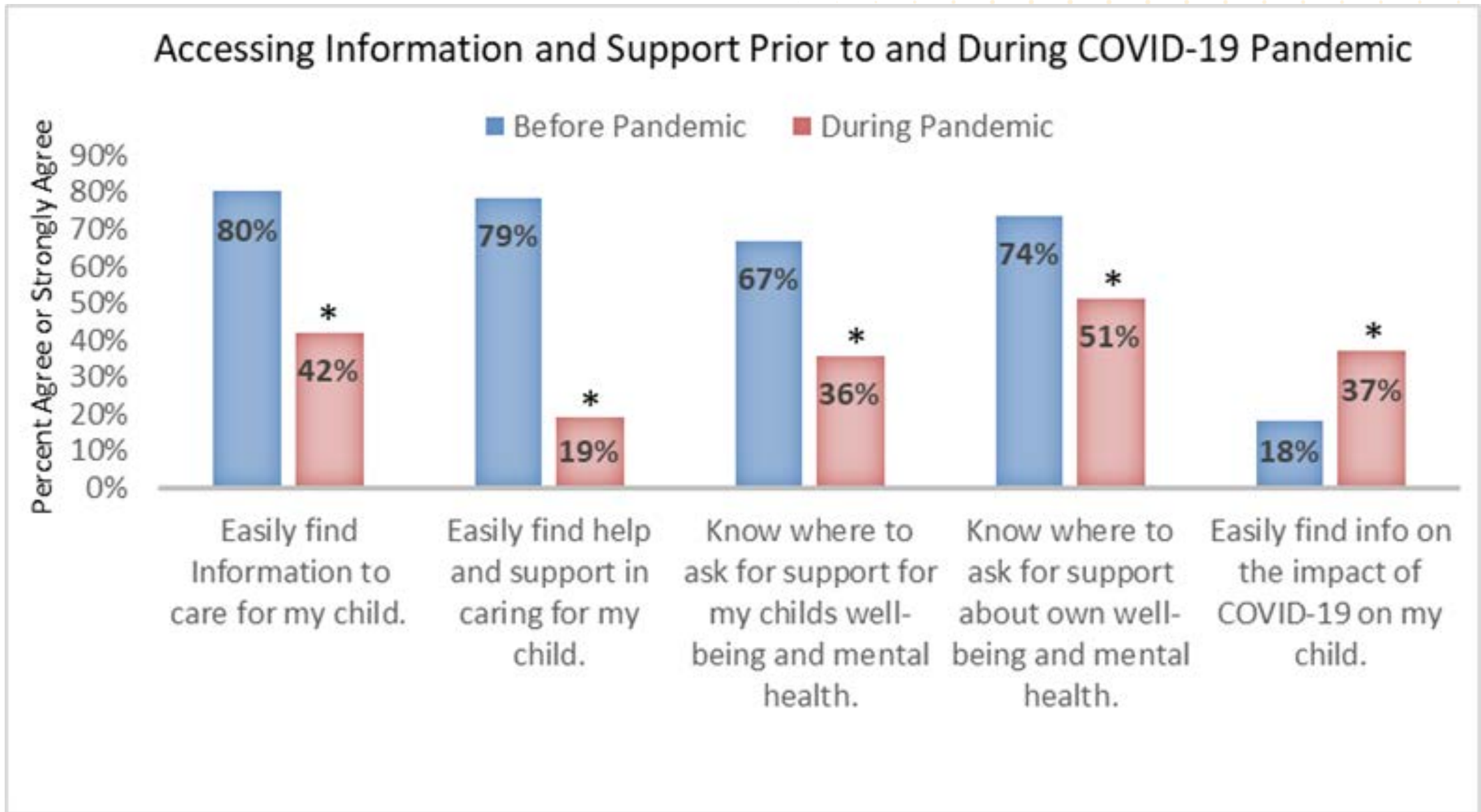
Service Delivery and Research During and After COVID-19

Presented by

James N. Reynolds, PhD
Chief Scientific Officer
Kids Brain Health Network



Results of a National Survey on the Impact of COVID-19 on Families (>2000)



Most Frequent Concerns Expressed by Caregivers of Children 0-6



Kids Brain Health Network – Mitacs Partnership

- New ways of delivering services and supports needed
- Frontline organizations forced to pivot to online and remote program delivery
- KBHN and Mitacs co-funded 7 research projects with community-based partners
- Specific focus on evaluating services and supports for children with a neurodevelopmental disability and their families.



Most Frequent Concerns Expressed by Caregivers of Children/Youth with FASD



Families in Crisis

“...you had this kid who was already imploding a little bit, and then you take away all the structures, all the supports, all the predictability, everything just went...got worse, behaviors got worse, the violence and aggression got worse, his mental health just tanked and nothing was working.”



Transitioning to remote services for the very young: Opportunities and Challenges

Presented by

Diane A. Philipp, MD FRCP(C)

SickKids Centre for Community Mental Health

Assistant Professor, University of Toronto

Faculty of Medicine, Department of Psychiatry





The Strengths, Challenges and Opportunities: Community Based Research During a Pandemic

Chaya Kulkarni, Ed. D

Director, Infant & Early Mental Health
Promotion, Hospital for Sick Children

www.IMHPromotion.ca

Four Concepts that Guide Our Research at IEMHP



The following constructs are defining in all of IEMHP's work but particularly in our research:

- Relationship based
- Collaborative
- Organic
- Bi-Directional Learning



The Pandemic and Our Research

The pandemic did a few things:

Presented challenges

Highlighted strengths

Created new opportunities

Strengthened bi-directional learning

Brought new meaning to the concept of “organic research”



Nurturing the Seed – All About Relationships!



Highlighted strengths

Created new opportunities

Strengthened bi-directional learning

Brought new meaning to the concept of “organic research”

Covid 19 – Who was asking about the little ones and their families?



Before the pandemic we did not think to ask parents/caregivers about their experiences with services, access to information and supports – in many ways we made many assumptions about what worked and what did not – always trying to improve

The pandemic highlighted the fact that even when in crisis few were looking at our youngest population and in fact, services were radically reduced as staff were redeployed



So we decided to ask parents of young children

Challenge: Asking parents and caregivers to fill out a survey during a pandemic was tough - Parents with young children are always busy – during a pandemic they are even busier and many feeling overwhelmed

Strength – Parents of young children want to be asked

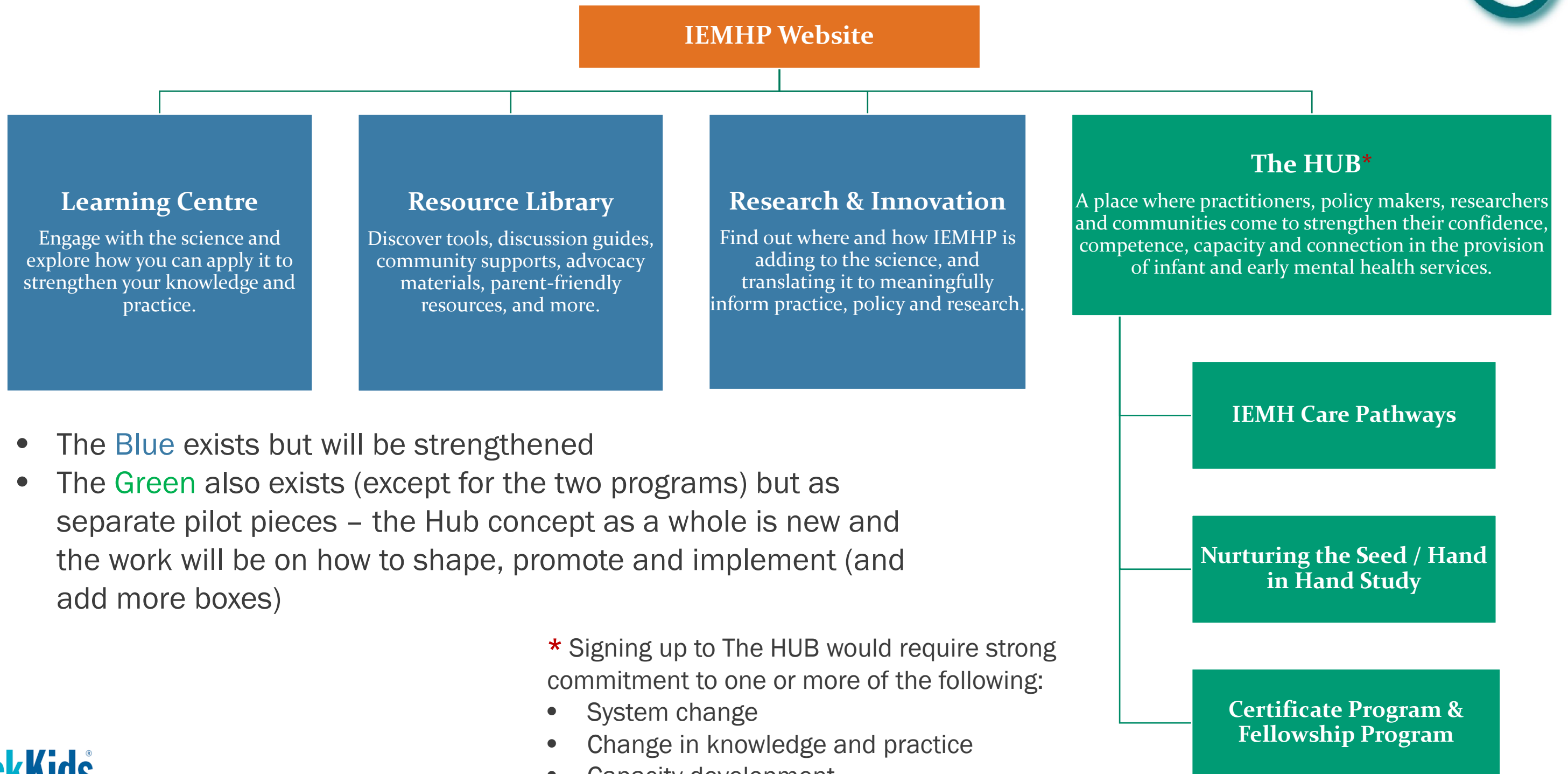
Opportunity – we need to be **MORE** creative about reaching all parents and we need to ask the about **MORE** things **MORE** often

Bi-Directional Learning – We learned that parents want more information about supporting their child's development especially their mental health

Organic – Doing this survey was about as organic as we can get but we need to ask parents more – not just about their pandemic life

So we are now preparing to do a parent poll and learn more about the needs of parents with young children – beyond pandemic parenting!

Transforming what IEMHP offers (& how we offer it)



Thank You!

